

Know Your Mind

Drugs Awareness for Secondary Schools

Ages 11-16 (School Years 7-11)

Key Stages 3 & 4



A hugely engaging and informative tour through DJ Groovemaker's drugs lab, where young people learn key facts about drugs and alcohol delivered in an entertaining and non-patronising way.

"Know Your Mind certainly gets the information and message across in a very exciting way [...]. When the students came into school this morning, after the weekend, they were still talking about it!"
Imelda Gunn, St Mark's West Essex Catholic School, Harlow, Essex

THE PROJECT

Know Your Mind is one of our most prestigious and popular performances and has been performed to over 50,000 young people. This exciting, informative hour of theatre looks at the physical, psychological and social effects of many drugs such as alcohol, cannabis, amphetamines, ecstasy, cocaine, heroin and solvents.

The show offers clear, accurate information and a balanced perspective on drugs delivered in a realistic and humorous way, which also highlights the darker side of drug abuse. The abuse of alcohol is an ongoing problem in society and Chain Reaction address this issue by showing that the addictive nature of alcohol and the devastating effects of its abuse are as great as any illegal substance.

Know Your Mind explores skills in personal decision making and demonstrates the life changing effects that drugs and alcohol can have on young people. It reminds our audiences that peer pressure is common and it's always smarter to make your own decisions. By encouraging young people to look at their own attitudes towards drug and alcohol misuse, this show empowers them to make positive and informed decisions.

"I would like to say how impressed I was with your performance of *Know Your Mind*! ...Drugs education is the best way to dissuade youngsters from taking drugs and falling into addiction....
The pupils responded well to the fact that you did not preach about drugs, but dealt with the issue in a fun and lyrical manner."
Neil Cornmell, Academic Manager, Drama, The Grays School, Thurrock, Essex

THE SHOW

Know Your Mind for secondary schools follows the story of Charlie Bucket, a savvy young girl from East London who is fortunate enough to find one of DJ Groovemaker's lucky golden flyers, winning a once in a lifetime opportunity to explore the legendary drugs laboratory. As Charlie and her fellow winners tour the lab she discovers that her companions have some pretty big problems...

Delightful youth worker Josie Moral believes we should all 'Just Say No' to drugs, but it appears that Josie has her own demons and can't resist spending most nights in the pub. Poor Mikalia Divvy is easily led and finds out the hard way why we should resist peer pressure and follow our own minds. Finally, 'celebrity' Veruka Spoilt, who wants to live a rock 'n' roll lifestyle and just says 'yes' to all the drugs available, ends up in a terrible state and finds out that taking drugs isn't as glamorous as she originally thought.

Along the way we meet an array of familiar faces all of whom help arm our characters with the hard-hitting facts they need to steer clear of drugs.

"It was very interesting and funny, I picked up more information because I wasn't bored."
Pupil, Hainault Forest High School, London Borough of Redbridge

KNOW YOUR MIND TEACHES YOUNG PEOPLE...

- About the different kinds of drugs, the effects they can have and their associated risks
- About alcohol, the effects it can have and the associated risks
- About legal everyday drugs and medicinal drugs including caffeine and steroids
- To look at their own attitudes towards drug and alcohol misuse
- The effects that drugs and alcohol can have on your life
- To resist peer pressure with regard to decisions about alcohol and drug use
- To avoid participating in alcohol and drug use/misuse by making positive, informed choices
- The legalities of drugs and which legal classification they belong to
- That drugs are rarely 'pure' and are 'cut' with a range of other dangerous substances
- To be confident in making their own decisions and knowing their own minds

"I learnt...that a drug doesn't have to kill you to take away your life."
Pupil, Dagenham Park Community School, London Borough of Barking & Dagenham

A FEW FAQS...!

How long is the show? 60 minutes

Who's it for? Ages 11 to 16/ Years 7 to 11/ key stages 3 and 4

What school work does it link to?

- PSHE (Personal, Social & Health Education) (DATE)
- SMSC (Spiritual, Moral, Social, Cultural)
- Healthy Schools
- National Curriculum For Sciences
- National Drug Strategy

Are there any accompanying resources?

Yes – you'll get a free hard and digital copy of the *Know Your Mind* Teachers' Resource Pack including further information, lesson plans and more.

You can also book an optional one-hour interactive drama workshop for up to 60 pupils. Just get in touch for costs and to find out more!

"An excellent response. They remained interested right to the end which was encouraging (especially as it over ran their break!). It was pitched at just the right level. It was excellent.
The best theatre company production I have seen in secondary schools in my PSHE experience."
Gail Peters, Head of PSHE, Axton Chase School, Kent

For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!

Chain Reaction

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We look forward to hearing from you!